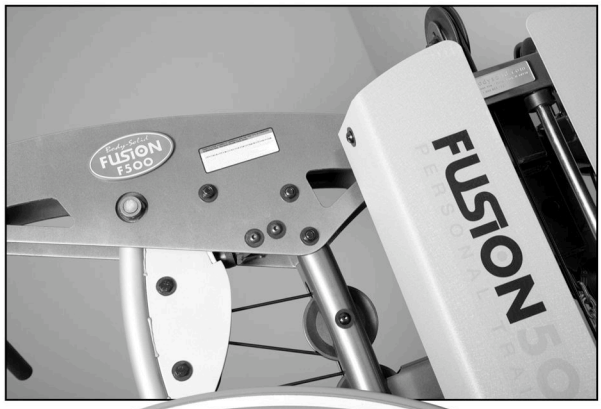
BY RYLAN DUGGAN RK, BHK, CSCS, NSCA-CPT

BODY FAT BLOWTORCH



Body-Solid
FUSION
F500

FUSION EDITION

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WARNING – DISCLAIMER

The information contained within this program is not intended to replace the advice of your physician and is for educational purposes only. Before beginning any exercise and/or nutritional program you must get approval from your doctor.

Understand that there are inherent risks involved with any physical fitness program which may include, but are not limited to: soft tissue injury, orthopedic injury, sprains, strains, broken bones and even death.

This program is only intended to be used as a supplement to proper exercise guidance from a qualified professional. If you experience any abnormal response or have difficulty with any of the procedures listed in these pages, discontinue at once and consult a health and fitness professional.

Adonis Fitness and Rylan Duggan do not accept any responsibility for illness, injury, or damage to person or property resulting from the use or misuse of this program.

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Section 1

Introduction

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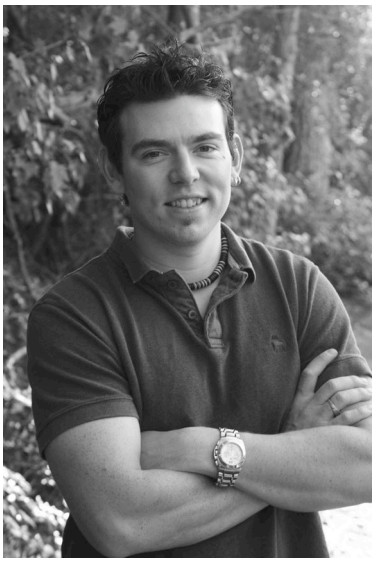
Author Bio: Coach Rylan Duggan

RK, BHK, CSCS, NSCA-CPT



In an industry plagued by self proclaimed gurus, unqualified personal trainers, and fitness professionals who produce lack luster results, Coach Rylan is a breath of fresh air. A bona fide expert with the credentials to prove it, Coach Rylan's track record of delivering stunning results is proof positive of his dedication to his clients.

Coach Rylan holds more qualifications and certifications than those 20 years his senior in the fitness industry. He began his career in the health and fitness field by obtaining a degree in Human Kinetics from the University of British Columbia in Vancouver, Canada. Shortly thereafter he received the designation as a Registered Kinesiologist (RK) – a specialist in human movement, performance, and sports medicine.

In order to further expand his knowledge and to specialize in advanced body transformation techniques, Rylan added numerous other post graduate certifications and specializations to his repertoire, such as becoming a Certified Personal Trainer and Certified Strength and Conditioning Specialist through the internationally recognized NSCA organization.

Today Rylan owns Adonis Fitness, a private personal training studio in British Columbia, Canada. His unique and revolutionary fitness programs have been featured by CNN, and ABC news, and he is also the author of Totally Toned Arms - Get Michelle Obama Arms in 21 days, published by Hachette Book Group in New York City. He is also the author of the internationally best selling Go Sleeveless EBook Series and founder of www.GoSleeveless.com.

Coach Rylan can be reached by visiting http://www.CoachRylan.com

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Welcome to the Body Fat Blowtorch Fusion Edition

As a personal trainer and fitness expert, it's my job to help people transform their body with whatever tools they have available. However, in over 12 years of working with clients, I have noticed an increasingly concerning trend in the fitness industry.

More and more folks are moving away from commercial health clubs and gyms. Why this is concerning is because, traditionally, if you want a great body, a gym is the most well equipped place you can find to help you reach this goal. So why are people retracting from gym culture in America? Well, this is largely due to over-crowded facilities, high fees, and inaccessibility. But even more than that, I've seen that it's related to the intimidating and uncomfortable atmosphere that is fast becoming synonymous with commercial gyms.

Where these places were once a positive and relaxing atmosphere where anyone, regardless of fitness level, felt comfortable getting a great workout - now these places seem to cater more to the 'fitness-elite'. How can you get a good workout when some bulging meat-head keeps stealing your machines between sets, and a team of fitness bunnies hold the cardio section hostage for an entire hour while chatting away on their cell phones? Most folks try and tough it out, but end up dreading going to the gym at all, leaving their bank account steadily declining from monthly gym dues, while their body stays stuck in a rut. For some, this is where they finally decide it's time to invest in some home fitness equipment and say goodbye to the gym for good.

As the proud owner of the Fusion 500 multi-gym and Endurance E7 Elliptical, I am happy to report that you are well equipped with the tools you need to create the ultimate body in the comfort of your own home - no more gym frustrations for you! Where most home fitness equipment is a compromise with versatility and quality for size and budget, the Fusion and Endurance lines from Body Solid are no such concession, and you are soon to see proof of the powerful abilities that these machines offer.

I've created this EBook in conjunction with Body Solid to help the thousands of people out there who desperately want to get a great workout without leaving their front door. I want to show you what is possible with some great equipment, and a little know-how.

In this EBook I will provide you with a 4-week blueprint to getting on the right track with your fitness goals, and to start getting some great visible results in only matter of weeks. I'll show you exercises that will maximize your metabolism; not only during your workout, but for 12-24 hours afterwards as well. I will show you how to keep the time you exercise to a minimum, while capitalizing on the effects of your body's natural fat *burning* hormones while showing you how to put a stopper in the fat *storing* hormones that result from long and exhausting workouts. I'll demonstrate to you that turning your body into a fat burning blowtorch is simple when you are armed with the right tools for the job. Get ready to ignite!

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How To Get Started

Step 1: Calculate Cardiovascular Intensity Levels:

Refer to the calculating heart rates section to determine the exact heart rate intensities you will need for your cardio program (this is in beats per minute).

Step 2: Review Cardiovascular Training Program for Week 1:

Refer to the cardiovascular training program instructions to familiarize yourself with the first week of your cardio training program.

Step 3: Review Strength Training Program for Week 1:

Refer to the strength training program instruction for the first week of your strength training program. Familiarize yourself with the necessary details such as which exercises to perform, how many sets, reps, etc.

Step 4: Review Exercise Descriptions and Videos:

Refer to the exercise descriptions guide to learn how to perform the exercises properly and safely. Next, watch the exercise videos (links are given in the Exercise Description section) to see a demonstration of every exercise in this book.

Step 5: Plan your training schedule:

Refer to the training schedule to familiarize yourself with which workouts you will be performing on which days.

Step 6: Do a test run:

Do a test run or walkthrough of your first workout to ensure that you are familiar with the entire program and that you can perform the exercises properly.

Step 7: Do Your First Workout:

Now that you've scheduled your first workout and have already done a test run to ensure you understand everything correctly, it's time to complete your very first session.

Step 8: Record It.

You will want to keep track of your how much weight you lift, how many reps you complete, as well as how many total sets you achieve. You can then refer back to your previous workout to ensure that you improve each and every workout.

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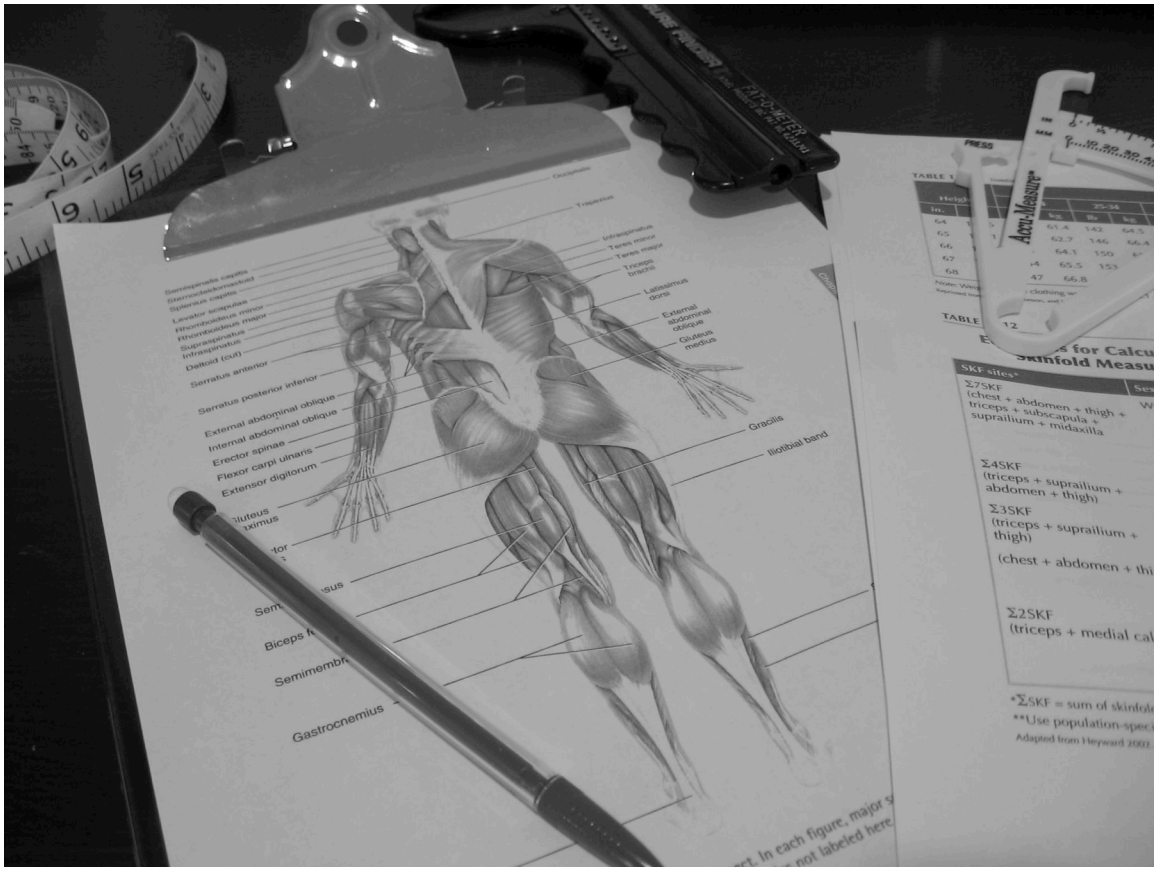
Section 2



The Program

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Equipment You'll Need

Fusion 500 Multi-Gym

Endurance E7 HRC Elliptical

The **Body Fat Blowtorch Fusion Edition** was created specifically for use with the Fusion 500 Multi-Gym and Endurance E7 HRC Elliptical, from **Body Solid**. It is not recommended that you attempt this workout program with equipment from other manufacturers, as many of the exercises demonstrated in this program depend on the unique features that these special models include.

For more information on the **Fusion 500**, and the **Endurance E7 HRC**, please visit **http://www.bodysolid.com**, or check out my video reviews of both of these items at **http://www.youtube.com/user/AdonisBHK01**

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The Training Schedule

The training schedule is almost as important as the exercises themselves. If your workouts are too infrequent, you will not provide your body with the necessary stimulus to improve. Conversely, if you workout too often, you will not allow your muscles enough recovery time to repair and rebuild and your body will begin to break down. By adhering to the guidelines on the next page, you will ensure that your training schedule will be optimized for the perfect balance between exercise and recovery – and optimal results.

With Body Fat Blowtorch, you will be sticking to a two-on one-off, two-on-two-off cycle. This type of training cycle works exceptionally well for balancing exercise and recovery. Since you will be performing two separate workouts that are grouped into: A) Upper Body, and B) Lower Body and Core training routines, you will ensure that no muscle groups will be worked intensely two days in a row.

It is not necessary that you train on the exact days of the week that is suggested on the next page, but it is important that you stick to the same pattern. For example, if you take Saturday and Sundays off from work, you might prefer the Monday, Tuesday, Thursday, Friday cycle. Conversely, if you take Monday and Tuesday off, you might prefer the Wednesday, Thursday, Saturday, Sunday cycle. This is done such that on your days off, you don't have to worry about working out, and will allow total recovery for your next week of work and training.

What Time of Day?

The best time to train is first thing in the morning, as this will cause a spike in your metabolism that will last throughout the day, resulting in more calories and body fat burned overall. However, if this is not an option for you, training in the evening will still yield fantastic results.

Do not separate the cardio and strength training routines by doing one in the morning and the other in the evening. Also, do not split the strength training workouts and cardio workouts between different days - they are to be done on the same day, back to back, to allow adequate recovery on your off days.

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Weekly Workout Schedule

This is the recommended schedule for the quickest results. The exact days are not important, but the sequence of two days on one day off, then two days on two days off is essential.

For this schedule you will be doing your strength training and cardio program four times each week, for the entire 4 week duration.

Monday: Cardio + Workout A

Tuesday: Cardio + Workout B

Wednesday: Rest and Recovery Day

Thursday: Cardio + Workout A

Friday: Cardio + Workout B

Saturday: Rest and Recovery Day

Sunday: Rest and Recovery Day

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Calculating Your Target Intensity Zones

In order to ensure that your cardiovascular workouts are as effective and efficient as possible, it's necessary to determine your proper intensity levels. If your intensity is too low, you won't see any changes, if it's too high you won't be able to exercise long enough to achieve any results.

Where strength training uses the amount of weight and repetitions lifted to determine intensity, cardiovascular training uses percentages of your maximum heart rate.

Your heart is only capable of beating so many times per minute (beats per minute or BPM). Cardiovascular intensities are expressed in terms of percentage of this maximum heart rate, such as 60%. When referring to your cardiovascular program on the next page, you will see your target percentages for each week. You will need to calculate your percentages to know what intensity you need to work at (see below).

You will then input this number into the Endurance E7 HRC Elliptical, and it will automatically adjust the tension such that you achieve the desired heart rate intensity without having to manually adjust the machine yourself. Here is the formula for calculating your heart rate intensities:

- Find Your Max Heart Rate: (220 – Age) =
- Subtract Your Resting Heart Rate From Your Maximum Heart Rate (This provides you with your HRR or heart rate reserve): Max HR – Resting HR =
- Multiply HRR by 0.6 (in this case we are using 0.6 because we are looking for our 60% intensity level.): HRR X 0.60 =
- Add this number back to your resting heart rate and you have your 60% intensity zone expressed in beats per minute: (answer from above + Resting HR) =

Repeat the steps above for each intensity level listed and record them below for quick reference.

75% **BPM**
80% **BPM**
85% **BPM**
90% **BPM**

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The Cardiovascular Training Program

Weeks 1-2

Mode: Endurance E7 HRC Elliptical - Cardio HR Program

Total Duration: 15 Minutes + warmup

Instructions:

NOTE: You can watch a video walkthrough of these instructions by viewing the video titled 'Body Fat Blowtorch Fusion Edition Cardio Workout' on my YouTube channel at http://www.youtube.com/user/AdonisBHK01

- **Put your heart rate monitor chest-strap on snuggly, and wet the sensors with a little water.**
- Start by warming up using the 'manual' program, at a level that will have you just starting to break a sweat at the end of 2-5 minutes.
- Once you have just started to sweat - which is an indication your body is warmed up enough to begin more intense exercise, stop for a moment to clear the screen on the Endurance E7 (hold the clear button down for a few seconds).
- Select the 'Cardio HR' program on the machine's display.
- Enter your stats (age, weight, etc) and then input your target heart rate in beats per minute for **75% intensity** (this is the number, in beats per minute, from the calculations you did on the last page).
- Press the start button to begin the workout.
- It will take a moment to achieve your desired heart rate intensity, and the machine will automatically adjust its resistance to help you reach the goal. **However, it's important to keep from slowing down too much, as this will make it much more difficult to maintain a consistent heart rate. Try and keep your speed high and consistent, and let the machine adjust resistance to get your heart rate into the proper zone.**

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Weeks 3-4

Mode: Endurance E7 HRC Elliptical - Interval HR Program

Total Duration: 15 Minutes + warmup

Instructions:

NOTE: You can watch a video walkthrough of these instructions by viewing the video titled 'Body Fat Blowtorch Fusion Edition Cardio Workout' on my YouTube channel at http://www.youtube.com/user/AdonisBHK01

- **Put your heart rate monitor chest-strap on snuggly, and wet the sensors with a little water.**
- Start by warming up using the 'manual' program, at a level that will have you just starting to break a sweat at the end of 2-5 minutes.
- Once you have just started to sweat - which is an indication your body is warmed up enough to begin more intense exercise, stop for a moment to clear the screen on the Endurance E7 (hold the clear button down for a few seconds).
- Select the 'Interval HR' program on the machine's display.
- Enter your stats (age, weight, etc) and then input your target heart rate in beats per minute for **85% intensity** (this is the number, in beats per minute, from the calculations you did on the last page).
- Press the start button to begin the workout.
- During the interval program, the machine will alternate between periods of high intensity, followed by low intensity recovery intervals. You must push very hard during the short high intensity intervals, and then slow right down during the low intensity intervals to get maximum effectiveness from this program. Remember, the intervals are short, so give it everything you've got when the machine cranks up the resistance.

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The Strength Training Program

If you want a sure fire way to boost your energy, melt body fat, tighten and tone your entire body, and slow the aging process, then strength training is as close to a magic bullet as you will ever find. The **Body Fat Blowtorch Fusion Edition** is not only designed to melt body fat, but sculpt and tone your entire body at the same time.

The training techniques outlined in this program are intentionally designed to ignite your metabolism. With a high revving metabolism, your body will be forced to burn calories at an accelerated rate throughout the entire day, and even into the following day. Stick to this program for the entire 4-week duration and you will not only lose inches and pounds, but people will be in awe of your new body.

This strength-training program is designed to change on a weekly basis in order to guarantee results that keep coming week after week.

You have two separate workouts to complete each week (one focused largely on upper body, the second focused on lower body and core). You will perform each workout twice in one week, with a day of rest in the middle to allow for adequate recovery time.

You will not change the exercises throughout this four-week program, but you will be adjusting your sets and reps each and every week. The following is a breakdown of how your strength-training program will progress over the course of the program.

Week 1: 2 sets of each exercise 8-12 repetitions for each exercise

Week 2: 2 sets of each exercise 12-15 repetitions for each exercise

Week 3: 3 sets of each exercise 8-12 repetitions for each exercise

Week 4: 3 sets of each exercise 12-15 repetitions for each exercise

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Further Strength Training Program Instructions

Exercise Descriptions

You will find detailed exercise instructions in Section 3 for every exercise in the **Body Fat Blowtorch Fusion Edition** workout program, as well as links to videos of each exercise. It is highly recommended that you use both the written exercise descriptions, and the videos to ensure perfect form.

Reps

Reps (short for repetitions) refer to how many times you lift the weight, or repeat the movement. You are given a range of repetitions for each exercise in the program.

Sets

A set is one 'group' of repetitions. For instance, if you complete 10 arm curls, then rest for 30 seconds, then do another 10 arms curls, you would have just completed two sets of 10 repetitions for arm curls.

Circuit Strength Training Format

A 'circuit' is a list of exercises done one after the other for a single set each. This is different from repetitive-set style training where you would complete two or more sets of a single exercise before progressing to a new exercise. In this program you will complete one set of each exercise in circuit format, rest the allotted time, and repeat for an additional set or two.

Selecting the appropriate weight

It is not adequate to simply do 10 reps of an exercise then stop there just because the program says to do 10. **Always challenge yourself**. This does not mean that if the program prescribes 10 reps, then you should always do more, it simply means that you should attempt to do as many as you can, and if that number lands outside of the program recommendations, then adjust the resistance to reach the target and try again.

For instance, if you complete 10 repetitions of an exercise and stop, but in reality you are capable of doing much more than that, then you have not challenged your body, and you will not get any results. Choose a weight that will allow you to reach temporary fatigue or failure ***within the given rep range***.

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Here is an example of how this might play out in an actual exercise session: If you are required to do 8-12 reps of a Cable Front Squat, and you attempt the exercise with 20 pounds and find you can complete 16 reps comfortably, you need to add weight. If, on the next set you then decide to try 30 pounds and you complete 10 reps – which is well within the prescribed range – this is perfect. Now if you attempt to lift 40 pounds on the last set, and this time you only muster 5 reps - this is not enough for what your program recommends either. Obviously you would want to stick to 30 pounds in this scenario because it was heavy enough that it challenged you, but not too heavy that you couldn't complete the necessary reps, or too light that you overshoot the reps.

If you simply choose a weight that causes you to fail within the prescribed range, you will never go wrong.

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Strength Training Program – Week 1

Workout A - Week 1		
Exercise Name	**Repetitions**	**Sets**
Lat Pulldown	**8-12**	**2**
Cable Shoulder Press	**8-12**	**2**
Plank with Vertical Row	**8-12**	**2**
Cable Curl 21s	**8-12**	**2**
Machine Row	**8-12**	**2**
Tricep Pushdown	**8-12**	**2**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

Workout B - Week 1		
Exercise Name	**Repetitions**	**Sets**
Cable Lunge	**8-12**	**2**
Cable Front Squat	**8-12**	**2**
Leg Extension	**8-12**	**2**
Seated Cable Rotation	**8-12**	**2**
Cable Knee Pulls	**8-12**	**2**
Cable Crunch	**8-12**	**2**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

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Strength Training Program – Week 2

Workout A - Week 2		
Exercise Name	**Repetitions**	**Sets**
Lat Pulldown	**12-15**	**2**
Cable Shoulder Press	**12-15**	**2**
Plank with Vertical Row	**12-15**	**2**
Cable Curl 21s	**12-15**	**2**
Machine Row	**12-15**	**2**
Tricep Pushdown	**12-15**	**2**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

Workout B - Week 2		
Exercise Name	**Repetitions**	**Sets**
Cable Lunge	**12-15**	**2**
Cable Front Squat	**12-15**	**2**
Leg Extension	**12-15**	**2**
Seated Cable Rotation	**12-15**	**2**
Cable Knee Pulls	**12-15**	**2**
Cable Crunch	**12-15**	**2**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

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Strength Training Program – Week 3

Workout A - Week 3		
Exercise Name	**Repetitions**	**Sets**
Lat Pulldown	**8-12**	**3**
Cable Shoulder Press	**8-12**	**3**
Plank with Vertical Row	**8-12**	**3**
Cable Curl 21s	**8-12**	**3**
Machine Row	**8-12**	**3**
Tricep Pushdown	**8-12**	**3**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

Workout B - Week 3		
Exercise Name	**Repetitions**	**Sets**
Cable Lunge	**8-12**	**3**
Cable Front Squat	**8-12**	**3**
Leg Extension	**8-12**	**3**
Seated Cable Rotation	**8-12**	**3**
Cable Knee Pulls	**8-12**	**3**
Cable Crunch	**8-12**	**3**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

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Strength Training Program – Week 4

Workout A - Week 4		
Exercise Name	**Repetitions**	**Sets**
Lat Pulldown	**12-15**	**3**
Cable Shoulder Press	**12-15**	**3**
Plank with Vertical Row	**12-15**	**3**
Cable Curl 21s	**12-15**	**3**
Machine Row	**12-15**	**3**
Tricep Pushdown	**12-15**	**3**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

Workout B - Week 4		
Exercise Name	**Repetitions**	**Sets**
Cable Lunge	**12-15**	**3**
Cable Front Squat	**12-15**	**3**
Leg Extension	**12-15**	**3**
Seated Cable Rotation	**12-15**	**3**
Cable Knee Pulls	**12-15**	**3**
Cable Crunch	**12-15**	**3**
Special Instructions: Complete all exercises in a circuit (no rest after each exercise). Rest one minute at the end of your circuit, then immediately begin the next circuit.		

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What To Do When You're Finished

At the end of four weeks you will have made some incredible progress in transforming your entire body, burning off body fat, and sculpting lean and toned muscle. But that last thing you'll want is for your results to come to a grinding halt after putting in all of this hard work. So what's the next step? How do you continue to get great results month after month, and get the absolute most out of your top quality home gym equipment?

Well, I'll tell you what you don't want to do. You don't want to keep doing the same program week after week. This is a sure fire way to hit the dreaded 'plateau'. This happens when you continue with the same type of workout routine for more than a few weeks at time. Even though you'll continue to sweat, work hard, and put in the time, your results will come to a screeching halt. This happens because your body will adapt only for a very limited time before it realizes no new demands are being placed on it - requiring no new improvements.

The easiest way to ensure that you never hit a plateau is to have your training program modified and updated by a personal trainer regularly. The problem with this, is that the fitness industry is saturated with poorly qualified and even hazardous personal trainers who have little more than a weekend course under their belt and no formal training. This is not the type of person you want designing a program for you.

So here is what I'm gong to do for you. I am going to offer you a special membership in my workout of the month club. This is a special group of people that I design custom-training programs for each month. They get access to a brand new and updated training program every few weeks, complete with all the details that you've received in this EBook - written exercise and workout guidelines, photos, and even videos! In addition, I personally email them each week and update their programs for them so they don't have to think about anything. This is as close to having your workouts done-for-you as you can get. This is a very exclusive service that you could easily pay over $800 a month for at a gym, but I am going to give you an entire month on this exclusive group for the price of a protein shake at your local health club.

To get in on this special deal, please visit my website http://www.CoachRylan.com, and click on the 'services' button at the top. See you there!

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Section 3

The Exercises

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Exercise Descriptions and Photos

In this next section I will walk you through all of the exercises included in the Body Fat Blowtorch Fusion Edition workout program. You'll be given photos to show you the start and mid-point of each exercise, as well as a written description of how to perform the movement correctly. Remember, the instructions given for the exercises in this program are specific to the Fusion 500 from Body Solid, and not for other fitness equipment. Do not attempt these exercises on anything other than the equipment featured in this program.

Exercise Videos

In addition to the photos and written descriptions that follow, I have also created a three-part video series in which I actually demonstrate how to perform every exercise in this program. You can check these videos out by visiting my YouTube channel at the link below

Free Body Fat Blowtorch Workout Videos on YouTube

http://www.youtube.com/user/AdonisBHK01

***search for the following videos:**

Body Fat Blowtorch Fusion Edition Cardio Workout
Body Fat Blowtorch Fusion Edition Workout Video 1
Body Fat Blowtorch Fusion Edition Strength Workout Video 2

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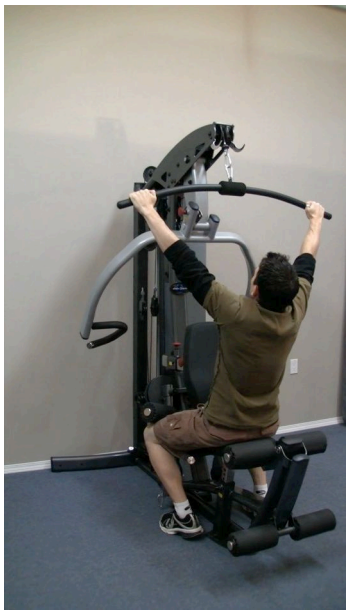
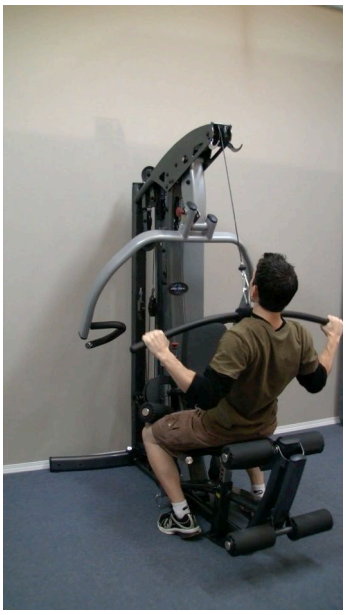
Step-By-Step Exercise Instructions

Lat Pulldown

- Using the wide bar attached to the Lat Pulldown tower, sit facing the rear of the machine, gripping the bar with a wide grip.
- Lean back slightly, making sure that your arms are fully extended and there is no slack in the cable (if there is slack, lower your seat).
- Pull the bar down to the very top of your chest, holding for a moment, then fully extend your arms to complete the rep.

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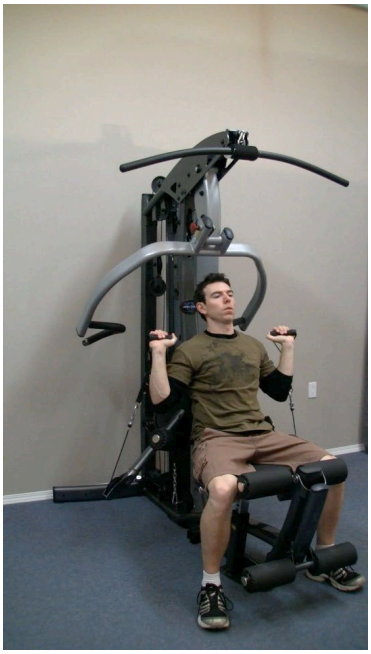
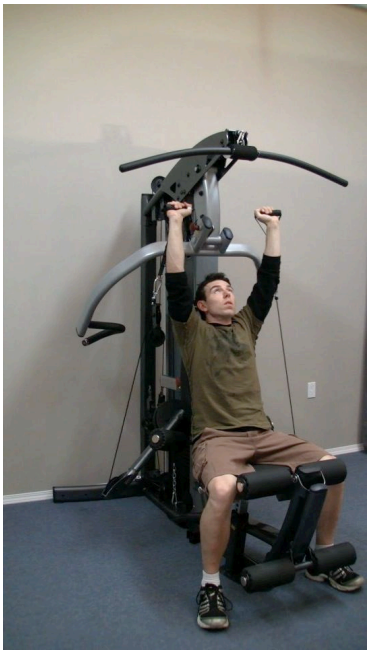
Cable Shoulder Press

- Attach the single handles to each of the functional training arms, and lower the arms ¾ of the way down.
- Sit facing the front of the machine, with your feet flat on the floor.
- Grab each handle, and bring them up to your shoulders for the starting point (there should be no slack in the cables at this point).
- Push the handles up and overhead until your elbows are fully locked out, then lower them back down to your shoulders to complete the rep.
- *NOTE: If there is slack in the cables at the bottom of the movement, then lower the arms another notch or two. If the weight stack tops out at the top of the movement, raise the arms a notch or two.*

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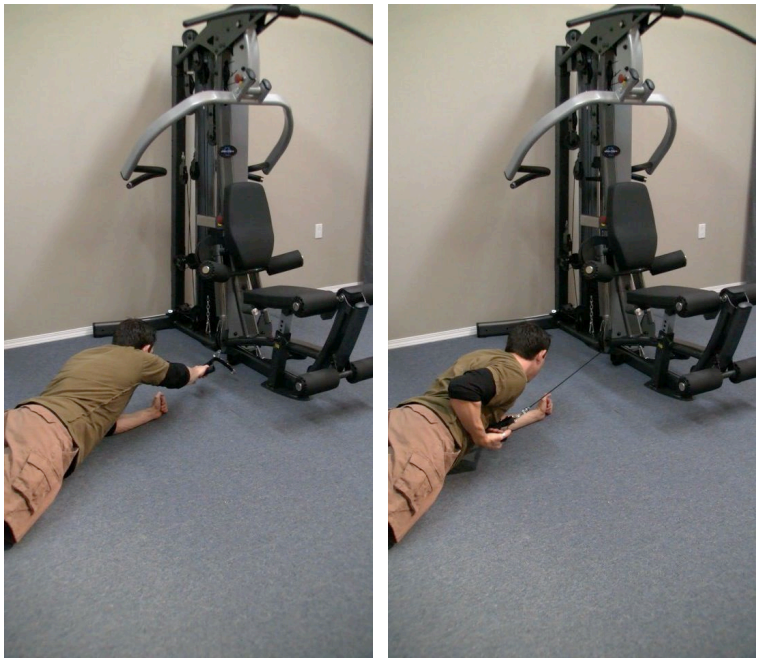
Plank with Vertical Row



- Lower the functional training arms to the lowest position, and attach a single handle to the right arm.
- On your hands and knees, grab the handle with your right hand, and move back away from the machine far enough such that you can fully reach your arm forward without the cable going slack.
- Get into a Plank position: Separate your feet slightly, and balance on your toes and forearms only. Keep your torso and back level, ensuring that your back does not droop down or lift up (your knees should not touch the ground at all).
- Maintain the Plank while you extend your arm as far in front of you as possible (if the weight stack touches down, move away from the machine until it does not), and then pull your arm back as far as possible in a rowing motion.
- Complete the required reps on this side in succession, without letting your knees touch down. When complete, drop to your knees momentarily to transfer the cable to the other arm, then complete the required reps on the opposite side in the same manner.

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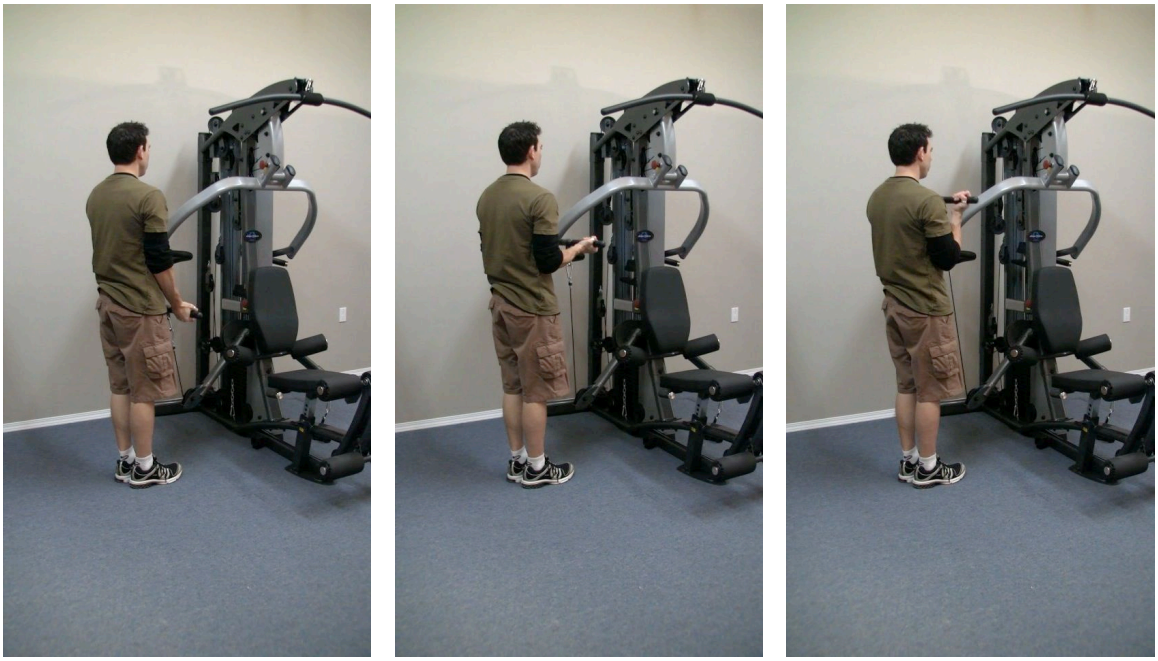
Cable Curl 21's



- Attach the straight bar to the right functional training arm, and lower the arm ¾ of the way towards the ground.
- Standing perfectly straight, grip the bar so that your hands are just slightly wider than your hips.
- For the entire exercise, keep your elbows in the same position, and do not lean forward or backward to 'cheat' the weight up.
- For the first 7 reps, curl the bar from the bottom, to the half-way point only.
- For the next 7 reps, curl the bar from the half way-point, to the top only.
- For the final 7 reps, curl the bar all the way from the bottom to top.

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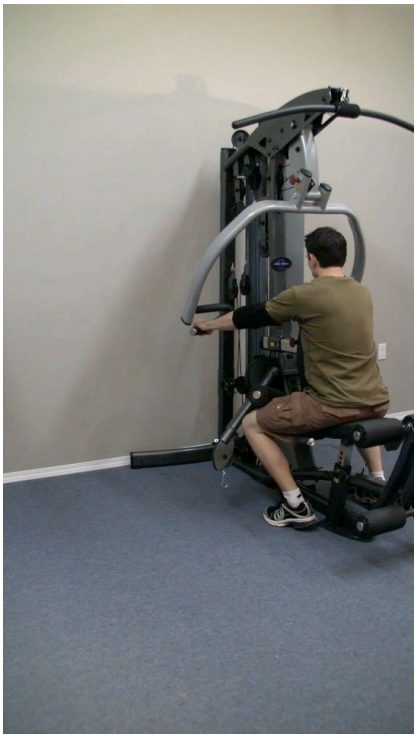
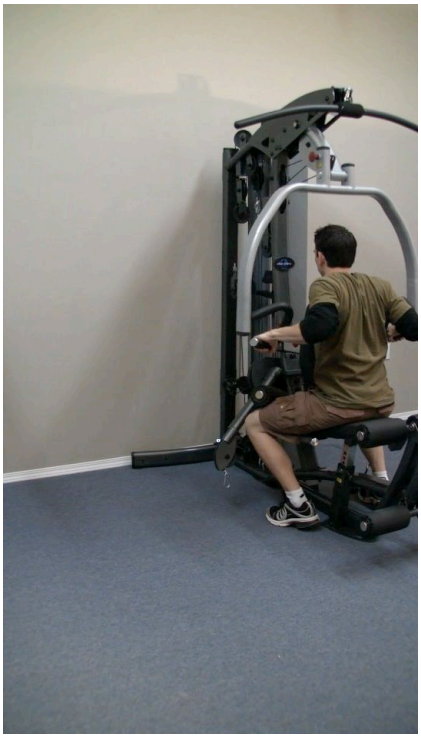
Machine Row

- Move the press arms to the rear of the machine, and bring the backrest towards the front by three or four notches.
- Sit facing the rear of the machine, and grip the bottom or middle of the handles. At this point you should have to stretch forward to reach the handles - if not, move the press arms another notch or two towards the rear, or move your backrest forward another notch.
- Pull the machine arms directly back, squeezing your shoulder blades together for extra emphasis on the working muscles.
- Return the arms to the starting positing to complete the rep.

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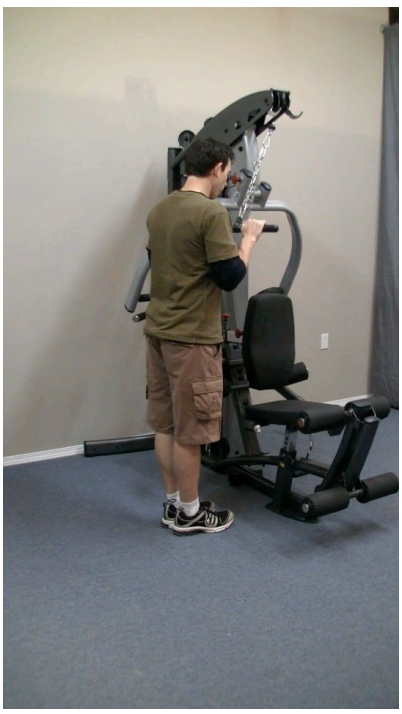
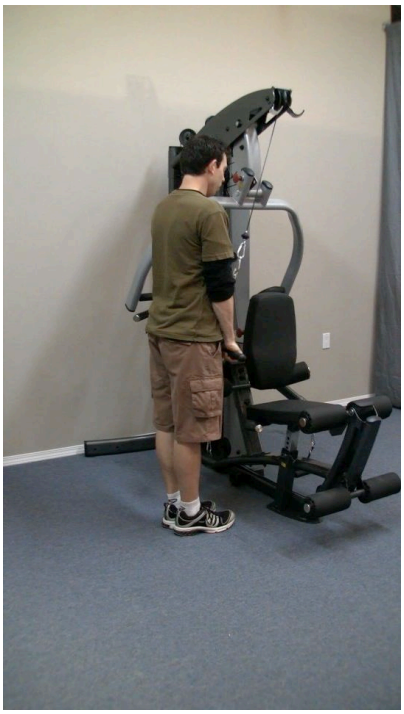
Tricep Pushdown

- Attach the straight bar to the Lat Pulldown tower cable, using the chain for extra length. Adjust the chain so that with your elbows tucked into your sides and your hands holding the bar, the weight stack is slightly lifted.
- Stand just to the side of, and very close to, the machine's seat, with your elbows tucked into your sides, and your hands up by the middle of your chest.
- Start by pushing the bar down to the top of your thighs to lock out your elbows, and hold here to squeeze the triceps.
- Slowly let the bar rise back up to the start position to complete the rep.
- *NOTE: Do not let your elbows come forward as you bring the bar upwards.*

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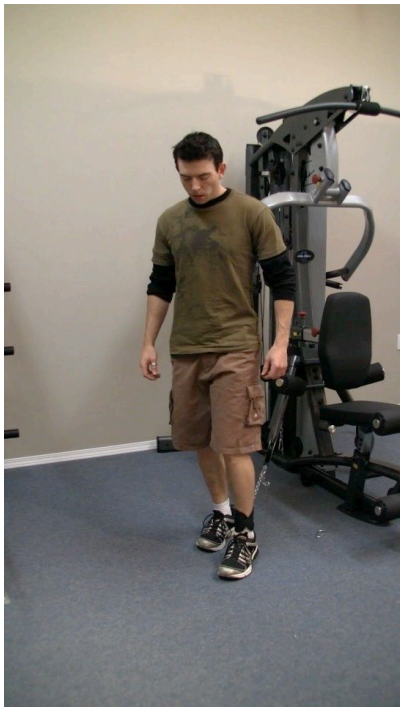
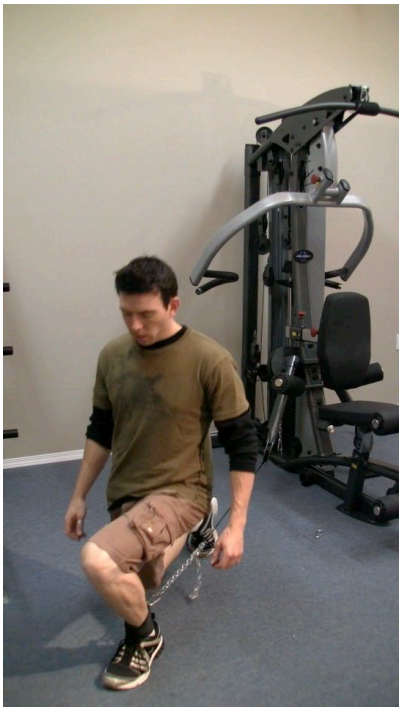
Cable Lunge

- Lower the functional training arms one or two notches from the bottom, and attach the chain and ankle strap to your left ankle.
- With your feet together, and facing away from the machine, step forward with both feet just until the cable has tension, and the weight stack lifts slightly.
- Keep your torso very straight, and lunge forward with your left leg, dropping down until your back knee almost touches the ground (at this point, both your back and front knees should be bent at about 90 degrees).
- Focus on keeping your balance, and slowly, under strict control, lunge back to bring both of your feet together again to complete the rep. Do this without dragging your foot on the ground, and without letting your leg get pulled back quickly by the weight.
- Complete the required reps on this side, then repeat on the opposite leg.

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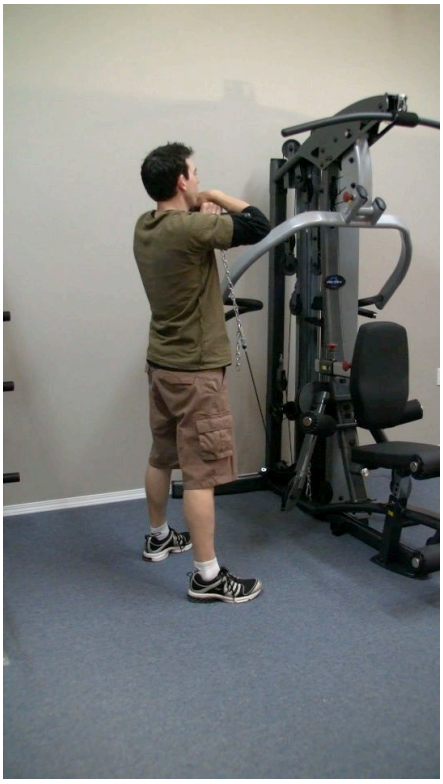
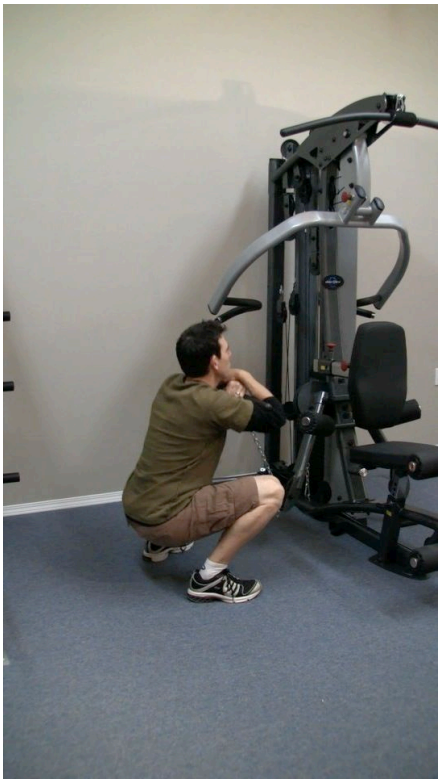
Cable Front Squat

- Attach the straight bar and chain to the right functional arm, and lower the arm to one or two notches from the bottom.
- Place each end of the bar just above your elbows, and then cross your arms over the bar so it is held securely in place in the bend of your arms.
- Lift your elbows up until they are straight in front of you and hold this position throughout the entire exercise.
- Stand close to the machine so the cable is pulling down rather than forward.
- Start by squatting down as low as you can go comfortably, keeping your back flat (not hunching forward), bending from your knees and your waist.
- Stand back up to complete the rep.

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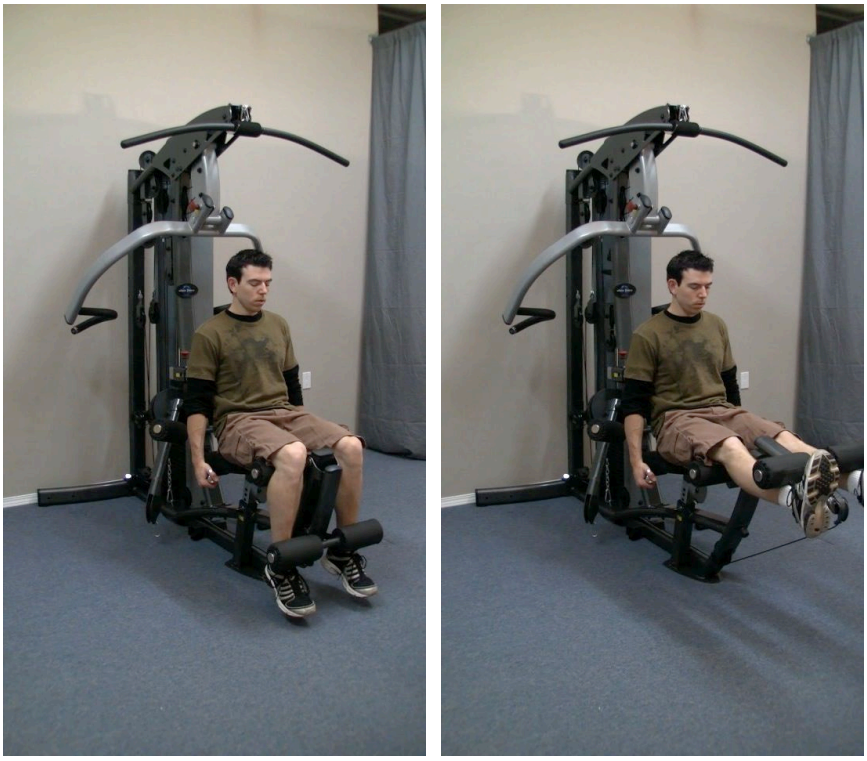
Leg Extension



- Raise the seat of the machine, and sit on it facing forward, with your feet behind the shin pads. Your knees should be just off the edge of the seat so that your legs can easily fit behind the shin pads. If there is too much pressure on your shins, bring your backrest forward until your knees and lower legs are comfortable.
- The shin pads should be positioned just above your ankle. If the pads are too high, then raise your seat bottom. If the pads are too low, then lower your seat bottom.
- Grip the seat handles to hold you securely in your seat, and extend both of your legs out until your knees are almost locked out. Hold for a moment, then lower your legs to complete the rep.
- *NOTE: If you are lifting off of the seat even as you hold yourself down, the weight is too heavy.*

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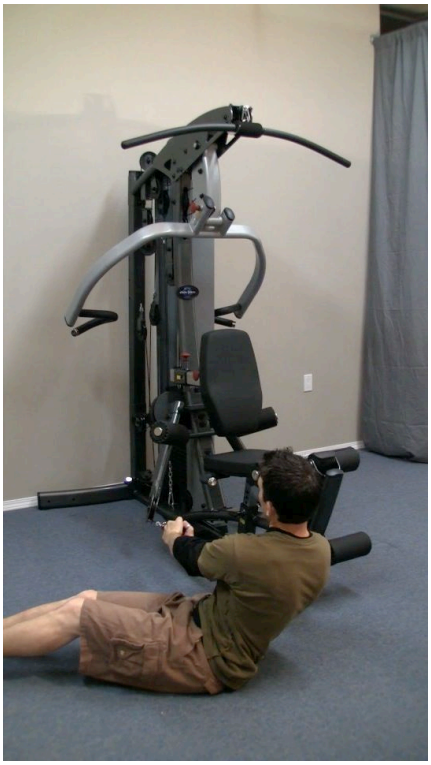
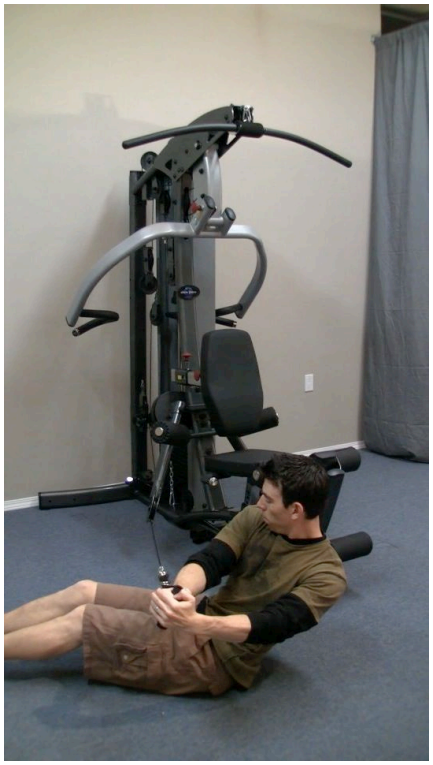
Seated Cable Rotation

- Lower the functional training arms to one notch above bottom, and attach the single handle to the right side.
- Sit on the floor, with your body perpendicular to the cable.
- Rotate your torso towards the cable, grasp the handle with both hands, and lean back until you feel tension in your stomach muscles.
- Keeping your arms and shoulders locked in this position; use your waist and torso to rotate to the left, past your legs.
- Hold for a moment, then rotate slowly back to the start position.
- Complete the required reps on this side, then face your body the other way and complete the same number of reps on the opposite site.
- *NOTE: This movement is not to be done with the shoulders and arms - turn from your waist only - think of your belly button as the rotation point.*

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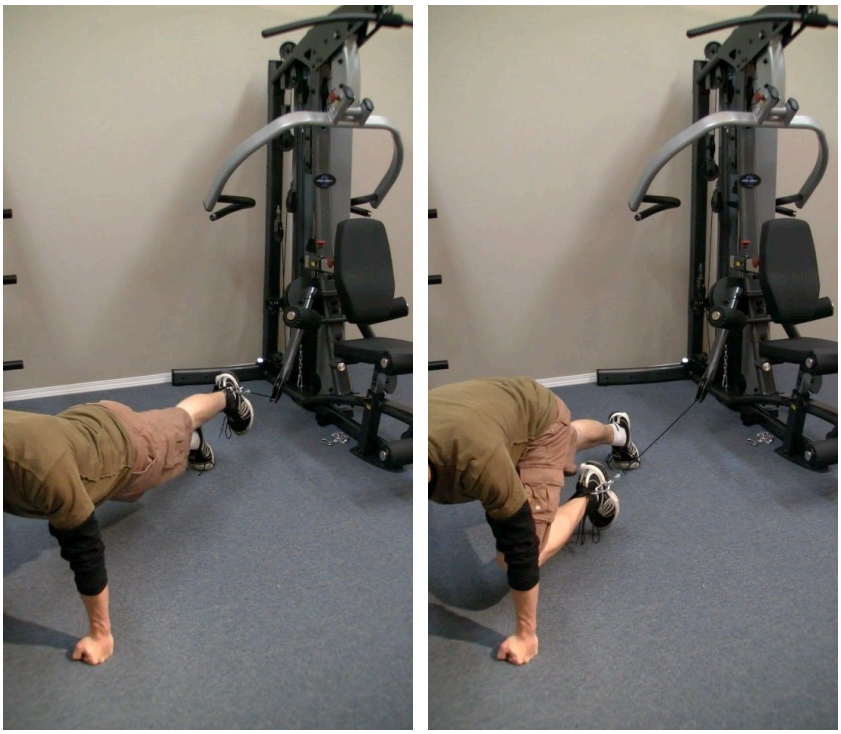
Cable Knee Tucks



- Lower the functional training arms to one or two notches from the bottom and attach the ankle strap to the cable, and your left ankle.
- Crawl forward slightly until the weight stack lifts slightly while your left leg is extended behind you.
- Raise yourself into a pushup position on your toes and hands, with your feet separated slightly.
- Start by pulling your knee up to your elbow, without dragging your foot.
- Extend your leg all the way back slowly, keeping your foot elevated the whole time.
- Complete the required reps on this side, then attach the cable to the opposite leg and repeat the same number of reps on that side.
- *NOTE: Throughout the exercise, keep your working foot from touching the floor at any point.*

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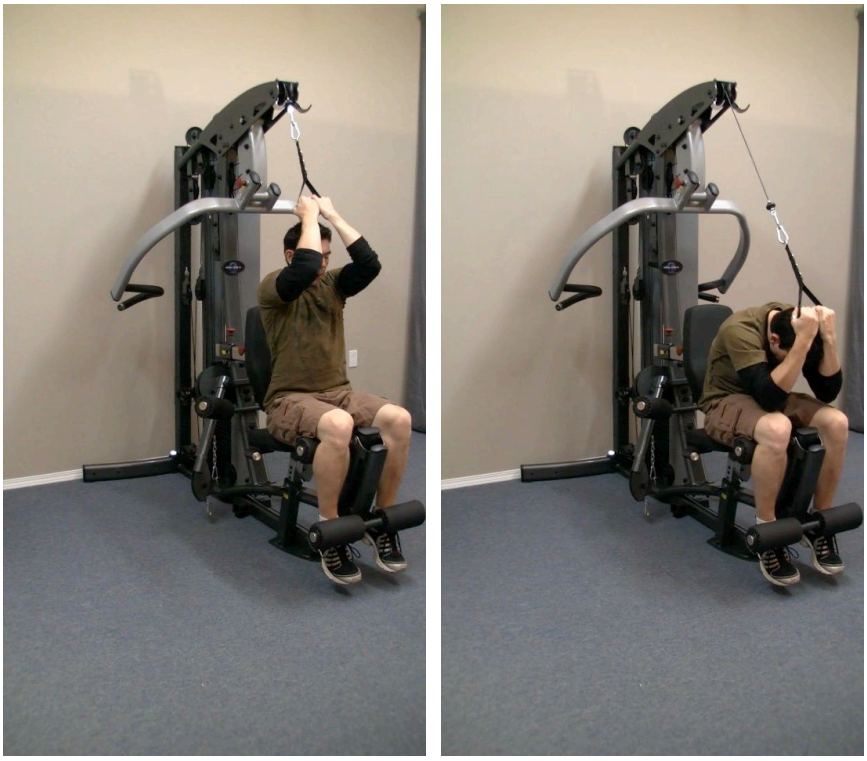
Cable Crunch



- Attach a single handle to the Lat Pulldown tower.
- Sit forward so your back is not in contact with the backrest, and tuck your feet behind the shin pads to anchor yourself.
- Grasp the handle with both hands, and pull it down to the top of your head.
- Crunch your torso down to touch your elbows to your knees, then slowly straighten your back to an upright position without leaning back.
- *NOTE: Keep your hands on top of your head throughout the whole movement so that you don't pull down with your arms - use your stomach muscles only.*

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